I claim:

1. A method for manufacturing a pallet of a cantilever construction comprising a base plate and legs of metal as an underframe for pallet containers for transporting and storing liquids, wherein the pallet container comprises an inner container of synthetic material resting on the base plate of the pallet and an outer casing of a grid structure or sheet metal material attached to the base plate, the method comprising the step of:

shaping the base plate and the legs of the pallet of a single piece of a sheet metal plate by a shaping process selected from deep-drawing and/or pressing and hydroforming.

- 2. The method according to claim 1, wherein the step of shaping comprises forming stiffening ribs in the base plate.
- 3. The method according to claim 2, wherein the step of shaping comprises forming additional parallel stiffening ribs in the base plate to produce a bridge-like stiffening portion in the base plate, wherein the additional stiffening ribs extend from a middle section of a longitudinal or transverse side of the base

plate through a central plate portion and to a middle section of an oppositely located longitudinal or transverse side of the base plate.

- 4. The method according to claim 3, wherein the step of shaping comprises forming middle legs at the sides of the base plate so as to be integrated in the bridge-like stiffening portion of the base plate.
- 5. A sheet metal plate for manufacturing a pallet of a cantilever construction by shaping a base plate and legs of the pallet of a single piece sheet metal plate by a shaping process selected from deep-drawing and/or pressing and hydroforming, wherein the sheet metal plate has sections, having different thicknesses, different material compositions, or different thickness and different material compositions, for obtaining different strength values adapted to different load zones of the base plate.
- 6. The sheet metal plate according to claim 5, comprising preshaped stiffening ribs.

- 7. The sheet metal plate according to claim 5, wherein one of the sections is a plate section with preshaped stiffening ribs and at least two of the sections are additional flat plates welded to the plate section to form the single piece sheet metal plate.
- 8. A sheet metal plate for manufacturing a pallet of a cantilever construction by shaping a base plate and legs of the pallet of a single piece sheet metal plate by a shaping process selected from deep-drawing and/or pressing and hydroforming, wherein the sheet metal plate is comprised of sections, having different thicknesses, different material compositions, or different thickness and different material compositions, for obtaining different strength values adapted to different load zones of the base plate, wherein the sections are welded together to form the single piece sheet metal plate.
- 9. The sheet metal plate according to claim 8, wherein the single piece sheet metal plate comprises preshaped stiffening ribs.
 - 10. The sheet metal plate according to claim 8, wherein one

of the sections is a plate section with preshaped stiffening ribs and wherein at least two of the sections are additional flat plates welded to the plate section to form the single piece sheet metal plate.